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ISSUE | 24

# CKSenior

ckseniormag.ca | August 2017

## CK Cardiac Imaging Centre

Bringing Heart Care  
Closer to Home Pg.12

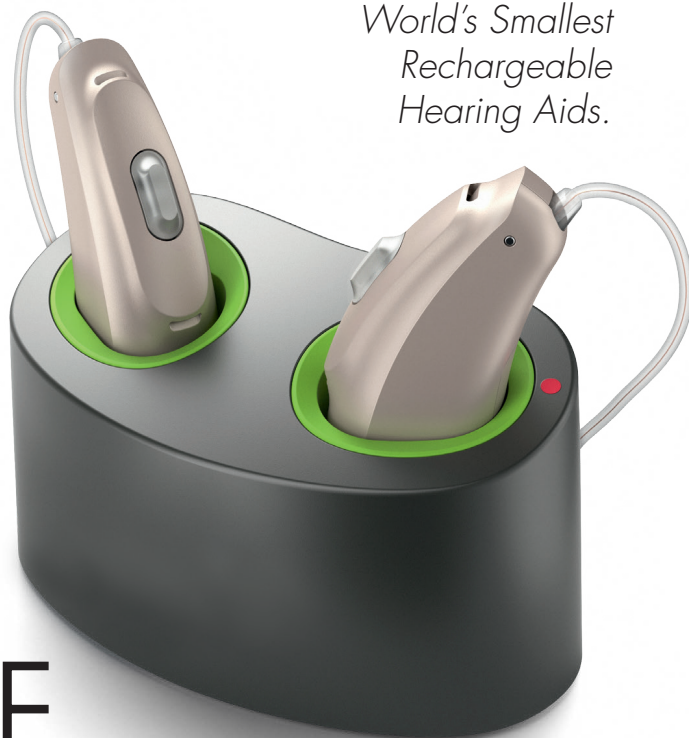






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# CKSenior

## ISSUE 24

**Welcome to our 24<sup>th</sup> issue of CK Senior!**

As the days slowly get shorter, and the nights begin to get cooler, we quickly realize that fall is not that far away. "Please don't shoot the messenger!" As much as we all love summertime, and all it has to offer, we have to agree that fall is a very picturesque time of year. When Mother Nature takes out her paint brush and colours our world, it quickly reminds us of the beauty of this next season.

As we've mentioned in past issues, it's a great time of year to support our farmers and benefit from the local fruits and vegetables we have available to us right here in Chatham Kent. We can try new ways of cooking them, just eat them fresh, or like our illustrator shows us in this issue..."when we CAN we CAN eat local all year long!"

Our cover shot/story reminds us of how priceless times are when spent with grandchildren. They learn from us through our stories and our actions, and, honestly, we can learn just as much from them. You will also read about our new CK Cardiac Imaging Centre and the value it's added to our community. Chatham Kent is very fortunate to have this centre, and you'll read first-hand testimonials from two patients who couldn't be happier with the care they have received there. Then, on page 25, you will meet a lovely lady named "Muriel" ... who will soon be celebrating her 102<sup>nd</sup> Birthday!

We hope you enjoy this issue of CK Senior and we thank our readers for picking us up and taking us home. BIG THANKS as always go out to our advertisers, contributing writers, and our illustrator for their support. We couldn't continue to do it without all of you!

Until next issue, stay safe, happy, and healthy, and always remember...***It's alright to slow down, just don't stand still!***

*Sincerely,*

**Andrew Thiel, President**

**Mark Requena, VP / Website Development**

**Andrew Fraser, I.T. Specialist**

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# IN THIS ISSUE

**A Legacy of Love  
to his Family**  
Chatham-Kent Hospice



**ErieStClairHealthline.ca**

Over 1300 Health Services at  
Your Fingertips



**CK Cardiac Imaging  
Centre**

Bringing Heart Care Closer to Home



**Black Bean  
Quesadillas**  
Recipe



**Legal Matters**  
Your Wishes for Long  
Term Care





# ABOUT THE COVER

*It's the quiet times spent with your grandchild...  
that really are the best of times!*

On the cover, Papa Dave Green and his grandson Brennan Weese spend some time together fishing off a dock out at Mitchell's Bay.

If the truth be told, it really isn't just about fishing! It's the time they spend together, the stories that they share, and oh yeah...they may even get a bite on their line and bring home that story about the "BIG ONE" that got away!

But when their fishing time is over, and they pack up and head home, it's the memories they made that truly are the best catch of their day!

Photography by: Mark Requena Photography  
[www.markrequenaphotography.ca](http://www.markrequenaphotography.ca)

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Your donation looks like Kids' Circle, where young people go to cope with the death or serious illness of a loved one.

It looks like a parent dropping kids off before school and picking them up after school from the YMCA programs across Chatham-Kent.

The United Way is a key financial support for these, and so many more programs in Chatham-Kent.

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Please give generously. Donate to United Way today by calling 519.354.0430 or visit us online at [www.uwock.ca](http://www.uwock.ca)



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# A Legacy of Love to his family



Stephanie's grandfather loved two things - nature and his family. As a farmer, he was most comfortable outside in the pig barn, picking cucumbers or in the bush feeding the chipmunks. He was also a huge family man who looked forward to Friday family dinners, playing soccer before and after supper, and Saturday Polka dancing with his wife.

Stephanie's husband, Paul, hit it off right away with Joe, and would always sit and have a good talk about life. Paul remembers that Joe loved his family and wife so much and never missed an opportunity to express it with a smile or conversation with his kids and grandchildren whether in person or on the phone.

When Joe moved into the Chatham-Kent Hospice, Stephanie noticed the difference it made to both Grandpa and Grandma. The care he received at Hospice was second to none and allowed him to be at peace in a secure and safe environment. Her grandma was able to participate in his care while receiving the

support she needed. The extended family enjoyed the time they spent together outside in the courtyard and were grateful for the outdoor space as it helped her grandpa "feel more at home."

"We are thankful for the staff and volunteers at Hospice. Their compassionate and attentive care made us feel like they were part of our family and reflected the expression of love we experienced from our grandparents growing up," shared Stephanie.

As Stephanie and Paul begin their life together, they wanted to do something to ensure others are able to have the same experience. They generously chose, in lieu of wedding gifts and favours, that family and friends make a donation to Chatham-Kent Hospice Foundation to support other families in life's final journey. Sincere thanks to Stephanie and Paul for their generosity and best wishes as they embark on this next chapter of their lives together, from the staff and volunteers at Chatham-Kent Hospice.

## *Support families in life's final journey. Please donate today.*



Contact us to learn more or to donate:

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The ErieStClairHealthline.ca is an innovative website that puts accurate and up-to-date information about health services at your fingertips. Healthline provides easy access to a reliable source of information and empowers people to find the services they need, close to home. More than 1,300 updated service listings describe organizations and programs servicing Chatham-Kent, Sarnia/Lambton, and Windsor/Essex residents.

## BUILD YOUR PERSONAL BASKET OF SERVICES

The handy Clipboard tool lets you build a list of services and events personalized to your interests and needs.

It's easy to create your personal basket of services:

- 1 Visit a service profile or event
- 2 Click on "Add to Clipboard"

You can also watch a tutorial on how to use more Clipboard features by clicking on the Clipboard link located at the top right of the **ErieStClairHealthline.ca** website.

## SERVICES DESIGNED FOR SENIORS: HEALTH CARE, SUPPORT, RECREATIONAL, AND SOCIAL OPPORTUNITIES

The following is a sample of some of the many services listed on the website:

- Adult Day Programs
- Advocacy and Social Action for Seniors
- Alzheimer's Disease and Related Dementias
- Care for the Caregiver
- Congregate Dining
- Drug Benefits
- Elder Abuse and Neglect
- Falls Prevention Programs
- Financial Assistance for Seniors
- Fitness, Recreational, and Social Programs for Seniors
- Foot Care
- Friendly Visiting
- Geriatric Services
- Healthy Aging
- Hearing Aids and Communication Devices
- Helplines for Seniors
- Home and Community Care
- Home Help and Homemaking
- Home Maintenance and Repair
- Home Modification
- In-Home Dental Services
- In-Home Hospice Care
- In-Home Nursing
- In-Home Personal Support
- Long-Term Care Homes
- Mastectomy Products and Wigs
- Meal Delivery Services
- Medical Equipment and Supplies
- Medical Information Alerts
- Mental Health for Seniors
- Oxygen and Respiratory Services
- Nursing Homes
- Osteoporosis
- Patient Transfer
- Personal Emergency Response Systems
- Rehabilitation Services - In-Home Therapy
- Respite Care
- Residential Care
- Retirement Residences
- Safety and Injury Prevention
- Self-Management Support Programs
- Seniors' Apartments
- Seniors' Centres
- Seniors' Intervention and Assistance Services
- Shopping and Grocery Assistance
- Supportive Housing
- Telephone Reassurance and Security Checks
- Transportation Services
- Veterans
- Widows and Widowers



*This article (along with the photo) has been written and submitted by: Erie St. Clair Local Health Integration Network, Chatham, ON. For more information about the Erie St. Clair LHIN, please visit: [www.eriestclairhlin.on.ca](http://www.eriestclairhlin.on.ca) or contact Andrew Tompsett, Lead Communications and Public Affairs Erie St. Clair LHIN, at 519 351-5677 ext. 3209 or [Andrew.Tompsett@lhins.on.ca](mailto:Andrew.Tompsett@lhins.on.ca)*

*The Erie St. Clair LHIN also provides Information and Referral services over the phone. Give us a call at 1.888.447.4468 to speak with our knowledgeable staff.*



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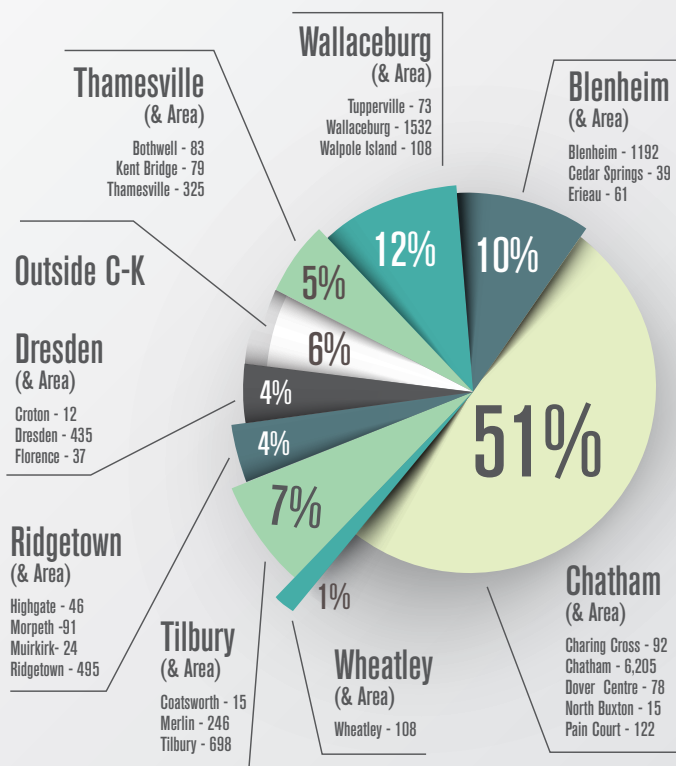
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# CK Cardiac Imaging Centre

Bringing Heart Care Closer to Home



CK Cardiac Imaging Centre was established in February 2017 by a group of physicians and a team of passionate and caring individuals. Together, we share a mission to make a positive difference in the health of the patients in our Chatham-Kent community. Our centre is located at 180 McNaughton Ave. West in Chatham.



With our dedicated team of echocardiogram technologists, cardiovascular technologists, and supporting staff, our cardiologist and internist deliver rapid and comprehensive cardiology consultation, leading edge cardio-diagnostic tests, and

prevention services. Our clinical team members are committed to provide the best in diagnostic results and cardiac care to our patients through the latest technologies and innovations. We offer a full range of on-site non-invasive cardiac testing including electrocardiography, exercise stress testing, echocardiography, stress echocardiography either with treadmill, bike, or Dobutamine, holter and event loop monitoring, spirometry, and ambulatory blood pressure monitoring. Patients can be referred to our centre through their health care providers, family doctor, nurse practitioner, family health team, or a physician from a walk-in / urgent care clinic. Same day or next day appointment is available for urgent referrals.

At CK Cardiac Imaging Centre, our goal is to provide the best quality of care, timely access, and results. We strive to support and coordinate with referring physicians to provide the proper cardiac treatment, early intervention of cardiac related disease, and risk management plan for our patients to meet the need of our patients.

If you are concerned about your heart health, please talk to your family doctor and/or health care provider about how we can help.

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**Saturday: by appointment only**



# Our leaders

*Dr. Howard Van*  
Cardiologist

Dr. Van received his bachelor's degree from the University of Waterloo, followed by a medical degree from Saba University and internal medicine training at University of Western Ontario in London, Ont. He then completed his cardiology fellowship at the University of Toronto. He joined the Windsor Regional Hospital as staff cardiologist and a clinical associate professor in 2015.

Dr. Van is board certified in Cardiology from the Royal College of Physicians and Surgeons of Canada as well as the American Board of Internal Medicine (ABIM). He also holds a Diploma in Echocardiography from the American Society of Echocardiography.

When Dr. Van and Dr. Tran met in the summer of 2016, they discussed the need for cardiac care in Chatham and how their expertise can help the patients here in Chatham-Kent.

Dr. Van is a great advocate for his patients and it is his passion to help and care for his patients' heart health that truly touches the heart of so many people. Dr. Van is currently our Echocardiogram Medical Director at CK Cardiac Imaging Centre.



*Dr. Quoc Tran*  
Internist

Dr. Tran received his bachelor's degree from the University of Waterloo. He then completed his medical degree and training in internal medicine at Queen University in Kingston, Ont. Dr. Tran has been practising medicine and caring for the patients in Chatham for almost 20 years. He is the former Chief of Medicine and is actively involved in Stroke and ICU unit at Chatham Kent Health Alliance. Dr. Tran's dedication to his patients has been remarkable.



*Cindy Le*  
Clinic Director

Cindy Le has shared the vision with both doctors since the very early stages of CK Cardiac Imaging Centre. She holds a bachelor degree in financial analysis from York University with over 15 years in the finance field with various industries. Her last position was a management role with the Mississauga Halton Community Care Access Centre. Her experience working in the healthcare environment has been a positive contribution to CK Cardiac Imaging Centre - managing and ensuring a smooth operation of the centre on a daily basis so the doctors can focus on patient care.





# Our stories

## Ted Ritchie, 78

*His heart / His story!*

Ted has been a patient of Dr. Tran since the year 2000. That same year, through the recommendation and referral of Dr. Tran, Ted received a triple bypass at the London University Hospital. Upon further follow-up with Dr. Tran, it was essential to recommend that Ted also have two stents put in. Then, just two years ago, Ted also received a pace maker. Now with the two doctors under one roof at the CK Cardiac Imaging Centre, Dr. Van can also review Ted's heart health and is currently looking into replacing his pace maker with the latest and greatest, newest technology. Today Ted is doing great!



*"In my opinion, this clinic is the best thing that ever happened in Chatham. Having Dr. Tran and Dr. Van together here under one roof is a gift."*

## John Anderson, 71

*His heart / His story!*

When the CK Cardiac Imaging Centre first opened their doors, John was Dr. Van's very first patient. After his first consultation with Dr. Van, it was determined that he would need to have a triple bypass surgery. Dr. Van referred him to the London University Hospital and it was there that John received his first heart stent. Shortly after that procedure John had a follow up appointment with Dr. Van and it was then that he was diagnosed with unstable angina. A conference meeting was quickly arranged with the cardiologists at the London University Hospital and together they had John scheduled immediately for a bypass. Today John is healthy and doing well.



*"Dr. Van is a great advocate and he truly knows what he is doing. He is always available and he instils confidence in you. He is a fantastic doctor, a true healer."*

*This editorial and photos were submitted by: CK Cardiac Imaging Centre*

# Here are just 10 of the many ways that can help to keep your heart healthy!

- 1 Stop smoking! Butt out.
- 2 Focus on your middle. Excess belly fat can attribute to higher blood pressure and unhealthy blood lipid levels.
- 3 Be sexually active. Sexual activity may add more than just pleasure to your life. It may also help lower your blood pressure and risk of heart disease.
- 4 Keep your hands busy. Put your hands to work to help your mind unwind and relieve stress. Activities such as knitting or doing a jigsaw puzzle can do your heart good.
- 5 Increase your soluble fibre. A diet rich in soluble fiber can help lower your level of bad cholesterol.
- 6 When you get the chance...dance! Dancing is a great heart-healthy workout.
- 7 Laugh! Laughing helps to lower your stress levels.
- 8 Skip the salt. Salt can attribute to high blood pressure.
- 9 Exercise often. If you work at a desk take regular breaks and get up and move around. Walk while you talk on the phone.
- 10 Take the stairs. Sneak in every chance you get to exercise.





# BLACK BEAN QUESADILLAS

## INGREDIENTS

### 4 servings

- 1 can black beans, rinsed
- 1 can creamed corn
- 1/2 cup shredded Monterey Jack cheese, preferably pepper Jack
- 1/2 cup fresh salsa, divided
- 4 8-inch whole-wheat tortillas
- 2 teaspoons canola oil, divided
- 1 ripe avocado, diced

## PREPARATION

1

Combine beans, corn, cheese and 1/4 cup salsa in a medium bowl. Place tortillas on a work surface. Spread 1/2 cup filling on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

2

Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Add 2 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining 1 teaspoon oil and quesadillas. Serve the quesadillas with avocado and the remaining salsa.



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## Memory Care Home Area

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Our memory care philosophy is based on developing authentic relationships with our residents so each day is special. Residents are supported by staff who commit to "Embrace the Moment," making interactions meaningful and positive, one moment at a time.

Collaboration with family members and health care professionals enable us to learn the life story of our residents so we can provide services and care that are individualized and resident-centred.

Oaks Retirement Village would love to hear from you. If you have questions, or would like more information about Oaks Retirement Village and our Memory Care Home Area, please visit our website at [www.oaksretirementvillage.ca](http://www.oaksretirementvillage.ca). Tours are always welcome, call (519) 627-9292 to arrange your personal tour today.

## Enhancing the Quality of Life

New Beginnings ABI & Stroke Recovery Association

New Beginnings Club enhances the quality of life for survivors of acquired brain injury (ABI), and stroke. We are committed to providing support and educational services for survivors and their families.



The Club works to support all survivors and their families to regain empowerment and friendship after their illness/injury.

If you need assistance with transportation or other rehabilitative supports, the staff at the Club can help you connect to services available within the community.



*Enhancing the quality of life for survivors of stroke and acquired brain injuries & their families.*



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# A abstract

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# JoAn Dale

named 2017 Chatham-Kent's

## SENIOR OF THE YEAR

The Chatham-Kent Senior of the Year award has come full circle for JoAn Dale. JoAn's mother Muriel, who passed away recently, was also honoured as a top senior in Chatham-Kent under a former award format.

The South Buxton raised woman was named the 2017 winner at the 30<sup>th</sup> annual Chatham-Kent Senior Expo and Achievement Awards at the Blenheim Recreation Centre.

The award has been presented annually since 2012 to the top senior volunteer from a list of nominees and is voted on by a selection committee led by Councillor Karen Herman, Ward 2 South Kent Councillor.

Upon receiving the award JoAn stated, "It's a total surprise and I'm humbled when I listen to the accomplishments all the other nominees have made."

JoAn has served as President and Past-President of the Alzheimer's Society. She has assisted with many fundraising events that the group put on.

JoAn is a member of the Chatham-Kent Zonta Club and its Foundation, helping to organize and raise funds to improve women's and girl's lives locally and internationally.

She is President of the Helping Hands Auxiliary, the group overseeing the operation of the Boutique Grand Gift Shop at the



*This editorial and photo was submitted by:  
Elinor Mifflin and Karen Herman  
of the: Blenheim CK Senior Fair Committee*

Chatham-Kent Health Alliance. The proceeds from sales at the Gift Shop are donated to the Foundation of the Chatham-Kent Health Alliance for equipment at the hospital. She also helps with fundraisers for both the Gift Shop and the Foundation including the Parade of Chefs.

She also volunteers with the Dickens Fellowship as their Treasurer.

JoAn is Chair of the Official Board of the South Buxton St. Andrew's Pastoral Charge and has been a Choir member for 50 plus years.

She is a member of the St. Clair College Retirees Association, sitting on their Board of Directors as President, Past President, and other offices, and assisting in retiree functions.

JoAn was a nurse at the former Public General Hospital before joining its Faculty of School of Nursing. She transferred to St. Clair College and became Chair of the Nursing Program, retiring in 2008.

"We have a lot to be thankful for in Chatham-Kent, it's a wonderful place to live. I've been here all my life and have had great support and many opportunities," JoAn stated. "I think it's only appropriate to say thank you and to be able to give back to the community for the many things I've been given."



From what we get, we can make a living;  
what we give, however, makes a life.

*-Arthur Ashe*



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## Better Seniors Care

### An On-Going Campaign

This past Winter and Spring 2017 Meadow Park Chatham long-term care home took part in an advocacy campaign put forth by the Ontario Long-Term Care Association. Known as the "Better Seniors Care" campaign, it is an on-going effort to raise awareness about the needs and challenges of long-term care homes across Ontario.

The Chatham home worked diligently to motivate staff, residents, family members and visitors to participate in the campaign by signing an on-line petition as well as bringing the message to local MPP Rick Nicholls.

#### THE GOALS:

1. *Redevelopment and Renewal Strategy - for older and outdated long-term care homes including looking at the funding and support to provide residents with a newer, more spacious and comfortable home.*
2. *The addition of more long-term beds so that families living in rural areas can access the same care and services as those living to urban centres.*
3. *The provision of a more predictable approach to funding, securing earlier funding notices and ensuring annual increases that are on track with inflation.*
4. *Increasing the number of specialized, in-home resources for all long-term care home across the province, such as Behaviour Supports Ontario.*

Recently, the Chatham home was awarded with a 1st prize \$500 cheque for their efforts to promote the campaign. The award was part of a challenge put forth by the home's head office (Jarlette Health Services)

Picture: Resident's Council President Verna, was presented a \$500 cheque to benefit the home's Resident's Council. The award was presented by Jarlette Health Services Care Services Coordinator Christina Bath, Administrator Anne-Marie Rumble, & Resident & Family Services Coordinator Lydia Swant.



Moving forward it is our goal to keep these priorities at the top of mind. We pledge to do our best for the people who are at the core of all we do each day - our residents.

Visit us at: [www.jarlette.com](http://www.jarlette.com)



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[www.theHealthyHabitChatham.com](http://www.theHealthyHabitChatham.com)

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[downtownchatham.com](http://downtownchatham.com)

	4					6		
	7							
	8		9	3	5			
	9				8			6
3								
		6				5	7	
8			3	6		1		9
		1			4			
			7					

## SUDOKU

*Maintain your  
mental health  
while having fun.  
You can do it!*

See Answers on pg. 26 | Difficulty Level: ●●●●●



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Ian Murray, the Executive Director of Residence on the Thames, invites you to stop by and experience what makes Residence on the Thames unique. We are located on the banks of the River Thames, and we offer beautiful, spacious private suites ready to be made your own. Three homemade, healthy, and delicious meals are served daily in our dining room with alternate choices always available. Here at Residence on the Thames your loved ones can be as busy as they want to be by choosing from a variety of daily activities and outings. We offer daily support through specialized care options to meet their needs with our professional and caring staff, and with the peace of mind in knowing that we have them cared for 24 hours a day.

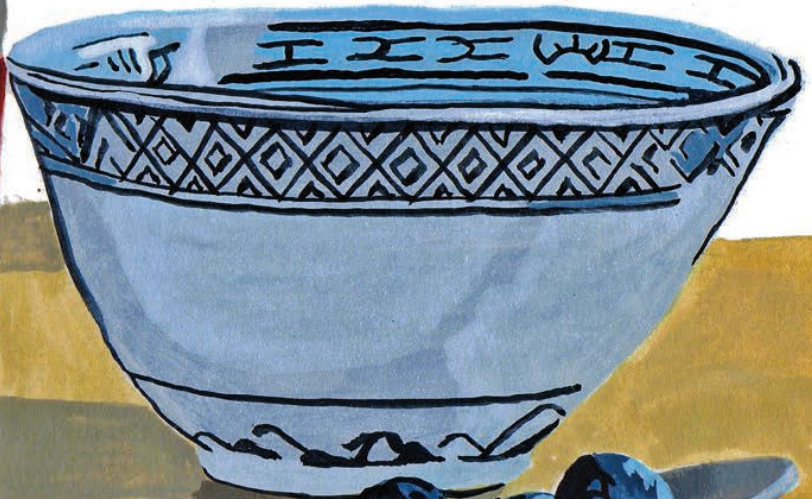
Here at the Residence on the Thames it is always "All about Choice." We would love for you to experience how we "feel," so please stop by to check us out or call 519-351-7220 today!

*You "CAN" save the flavours of  
late summer and early fall ...*

*You "CAN" eat local all year long!*



C. E. WATERS.







# LEGAL MATTERS

## YOUR WISHES FOR LONG TERM CARE

**JASON P. MALLORY, H.B.A., J.D.**

*Your Power of Attorney for Personal Care is a very important document regarding your health care in the event that you are not capable of making your own decisions in the future. Most do not realize that you can include specific directions regarding your health care preferences in this Power of Attorney document.*

Although your substitute decision maker is required to consider the wishes you have communicated to her or him when making decisions on your behalf, I advise clients to consider documenting their wishes in writing in order to be sure that their preferences will be considered.

Consider where you might prefer to live and receive long-term care if necessary. As long as it is financially feasible and safe for you to do so, do you want to remain in your home? Keep in mind the added expense of consistent in-home care. You may consent to this added expense even though it is not the most cost effective living arrangement.

It may be more practical for you to reside in a long-term care facility. This could be in the event of severe physical or mental impairment, or total dependence on others for day-to-day

care, or due to financial considerations. In such a situation do you have a preferred care facility, or are you comfortable relying on the decision of your substitute decision maker as to where you will reside and receive care? If you have a preferred facility it may not be the least costly option available; consider including your acknowledgement and consent to this in your Power of Attorney documents.

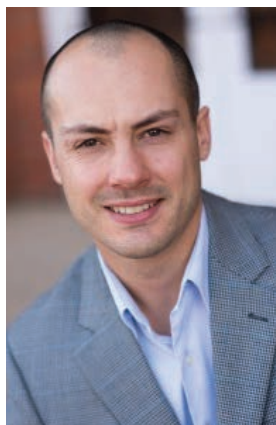
Another possibility is living with a child. You may want to specifically consent to such an arrangement, or refuse your consent to such an arrangement, in your Power of Attorney





document. An example of when you may specifically refuse such an arrangement is if you believe your child will feel a sense of obligation to personally care for you, but you do not wish to place this responsibility on your child. On the other hand, you may have pre-planned such a living arrangement with a certain child and wish to confirm your intentions in your Power of Attorney for Personal Care. Also consider if your child is to receive any compensation or reimbursement for expenses in such an arrangement.

Often these considerations are not documented in the Power of Attorney for Personal Care. In this case it will be the responsibility of your substitute decision maker to determine a long-term care arrangement that is suitable to your needs and financial situation.



**Jason P. Mallory**  
is a lawyer with Kerr Wood & Mallory in Blenheim and recipient of the Margaret E. Rintoul Award in Estate Planning

*\*The comments in this article are not meant as legal opinions and readers are cautioned not to act on information provided without seeking specific legal advice with respect to their particular situation.*



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laura@uwindsor.ca   ▲   519-253-3000 x4944

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Serving Southwestern Ontario

Canterbury ElderCollege is a not-for-profit organization dedicated to providing entertaining, lifelong learning opportunities for those ages 55 and better who wish to enrich their lifestyle.

Our courses are fun, affordable, and offered in multiple locations all over Chatham-Kent and Windsor-Essex counties. Also, taking an ElderCollege course is not a big time commitment. A course can be anywhere from 1 day to 6 sessions over 6 weeks and everything in between. Best of all... there's no homework, no exams, no pressure!

ElderCollege has Fall and Spring Semesters and the courses are developed and presented by a large group of dedicated volunteers who truly give life to the program!

If you have a passion or expertise you want to share, why not volunteer? Instructors at ElderCollege can design and customize their courses in the way that suits them best! Course Managers work behind the scenes to help develop and manage all of our wonderful courses. They help to ensure that everything runs smoothly; not to mention the added benefit of attending the courses they manage for free!



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- The AquaSense® Transfer Bench
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- ObusForme® Neck & Neck Pillow
- Omron Series 7 Blood Pressure Monitor
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- Airgo™ Canes
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*C.H.A.P. offers assistance through the following programs:*

**TRANSPORTATION:** Competitively priced door-to-door service. Wheelchair accommodations available.

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**HOME HELPER:** Assistance with housekeeping, maintenance, and personal support, as well as many other family and individual supports.

**CAREGIVER SUPPORT:** Individual counselling and education for those who are caring for loved ones.

**CLIENT INTERVENTION AND ASSISTANCE:** A registered social worker provides assistance and support to address immediate problems or situations.

**VOLUNTEERS:** Our volunteers provide transportation to seniors and adults with long-term disability. They drive locally and out of town.

*To learn more about any of our programs contact us at 519.354.6221*



# Muriel Ella Deana Ritchie

## SOON TO TURN 102!

Muriel was born on a dairy farm in Dresden, Ontario on Sept. 13<sup>th</sup> 1915.

She has lived her entire life in Chatham Kent, where she married at the age of 18 and was then blessed with 9 children.



Muriel was also the very first real estate woman in Chatham. Today she enjoys, and takes care of her balcony garden where she currently lives with her son (Ted), and their 2 year old puppy Violet.

When we asked Muriel her secret to her longevity she said..."Staying busy is my secret. Through the years, I've always worked at something, whether it be in the home or outside the home."



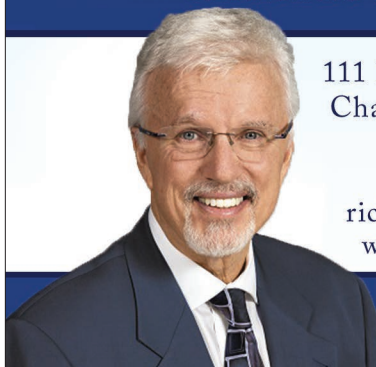
*Happy Birthday Muriel!  
We wish you all the best on  
your special day and in the years ahead!*

*Muriel is an English name  
derived from Celtic elements  
meaning "sea" and "bright"*

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# SUDOKU ANSWERS

*So... How did you do?*

5	4	9	8	7	1	6	3	2
1	7	3	4	2	6	9	8	5
6	8	2	9	3	5	7	1	4
7	9	5	1	4	8	3	2	6
3	2	8	6	5	7	4	9	1
4	1	6	2	9	3	5	7	8
8	5	7	3	6	2	1	4	9
9	3	1	5	8	4	2	6	7
2	6	4	7	1	9	8	5	3

*Play the game on page 20*



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## **CHATHAM**

**Active Lifestyle Centre**

20 Merritt Ave., Chatham ON

**519.352.5633**

## **PAIN COURT**

**Le Club de l'Amitie  
(Friendship Club)**

10 Notre Dame St., Pain Court ON

**519.354.1249**

## **RIDGETOWN**

**Ridgetown & Area  
Adult Activity Centre**

19 Main St. W., Ridgetown ON

**519.674.5126**

## **BLENHEIM**

**Blenheim & Community  
Senior Citizens Group**

55 Jane St., Blenheim, ON

**519.676.3894**

## **MERLIN**

**Merlin Senior Citizens  
Friendship Club**

11 Erie St. S., Merlin ON

**519.689.4943**

## **THAMESVILLE**

**Thamesville  
Happy Club**

96 London Rd., Thamesville ON

**226.229.0303**

## **BOTHWELL**

**Bothwell Senior Citizens**

122 Elm St., Bothwell ON

**519.350.1977**

## **MORPETH**

**Morpeth Heritage Club**

12570 Talbot Trail, Morpeth ON

**519.674.1010**

## **TILBURY**

**Tilbury Leisure Centre**

10 Canal St. W., Tilbury ON

**519.682.1020**

## **WALLACEBURG**

**Wallaceburg Senior  
Citizens Club Inc.**

205 James St., Wallaceburg ON

**519.627.6224**

## **WHEATLEY**

**Wheatley & District  
Friendship Club**

171 Erie St. N., Wheatley ON

**519.825.4870**